

Full Report (All Nutrients) 19819, Snacks, rice cakes, brown rice, sesame seed, unsalted

Report Date:October 09, 2015 17:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks**Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:5.9**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cake 9g	2.0 cakes 18g
Proximates						
Water	g	5.90	7	0.318	0.53	1.06
Energy	kcal	392	--	--	35	71
Energy	kJ	1640	--	--	148	295
Protein	g	7.60	7	0.325	0.68	1.37
Total lipid (fat)	g	3.80	7	0.241	0.34	0.68
Ash	g	1.20	7	0.163	0.11	0.22
Carbohydrate, by difference	g	81.50	--	--	7.34	14.67
Minerals						
Calcium, Ca	mg	12	6	1.779	1	2
Iron, Fe	mg	1.58	6	0.248	0.14	0.28
Magnesium, Mg	mg	136	2	--	12	24
Phosphorus, P	mg	375	2	--	34	68
Potassium, K	mg	290	6	13.163	26	52
Sodium, Na	mg	4	--	--	0	1
Zinc, Zn	mg	3.00	2	--	0.27	0.54
Copper, Cu	mg	0.390	2	--	0.035	0.070
Manganese, Mn	mg	4.299	1	--	0.387	0.774
Selenium, Se	µg	24.1	--	--	2.2	4.3
Vitamins						
Vitamin C, total ascorbic acid	mg	3.0	1	--	0.3	0.5
Thiamin	mg	0.048	5	0.011	0.004	0.009
Riboflavin	mg	0.085	6	0.013	0.008	0.015
Niacin	mg	7.205	4	0.632	0.648	1.297

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cake 9g	2.0 cakes 18g
Pantothenic acid	mg	1.461	1	--	0.131	0.263
Vitamin B-6	mg	0.155	2	--	0.014	0.028
Folate, total	µg	18	2	--	2	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	18	2	--	2	3
Folate, DFE	µg	18	--	--	2	3
Vitamin B-12	µg	0.00	2	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	2	--	0	0
Lipids						
Fatty acids, total saturated	g	0.540	--	--	0.049	0.097
12:0	g	0.000	1	--	0.000	0.000
14:0	g	0.010	1	--	0.001	0.002
16:0	g	0.430	1	--	0.039	0.077
18:0	g	0.080	1	--	0.007	0.014
Fatty acids, total monounsaturated	g	1.100	--	--	0.099	0.198
16:1 undifferentiated	g	0.010	1	--	0.001	0.002
18:1 undifferentiated	g	1.090	1	--	0.098	0.196
20:1	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.150	--	--	0.104	0.207
18:2 undifferentiated	g	1.110	1	--	0.100	0.200
18:3 undifferentiated	g	0.040	1	--	0.004	0.007
Cholesterol	mg	0	1	--	0	0
Amino Acids						
Tryptophan	g	0.100	--	--	0.009	0.018
Threonine	g	0.279	--	--	0.025	0.050
Isoleucine	g	0.321	--	--	0.029	0.058
Leucine	g	0.625	--	--	0.056	0.112
Lysine	g	0.288	--	--	0.026	0.052
Methionine	g	0.174	--	--	0.016	0.031
Cystine	g	0.094	--	--	0.008	0.017
Phenylalanine	g	0.391	--	--	0.035	0.070

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cake 9g	2.0 cakes 18g
Tyrosine	g	0.286	--	--	0.026	0.051
Valine	g	0.444	--	--	0.040	0.080
Arginine	g	0.595	--	--	0.054	0.107
Histidine	g	0.193	--	--	0.017	0.035
Alanine	g	0.440	--	--	0.040	0.079
Aspartic acid	g	0.710	--	--	0.064	0.128
Glutamic acid	g	1.550	--	--	0.140	0.279
Glycine	g	0.380	--	--	0.034	0.068
Proline	g	0.355	--	--	0.032	0.064
Serine	g	0.394	--	--	0.035	0.071